

THE NAVAJO NATION



JONATHAN NEZ | **PRESIDENT** MYRON LIZER | **VICE PRESIDENT**

Navajo Department of Health
Health Advisory Notice (HAN)
COVID-19 Community Advisory No. 07 —Safety Precautions

WINDOW ROCK, AZ – The Navajo Health Command Operations Center is issuing uncontrolled spread of COVID-19 advisory for several communities. The cases reflect dates from November 27, 2020 to December 10, 2020. The advisory will be in effect until the risk and cases decline.

The following communities are identified as uncontrolled spread of COVID-19:

Alamo	Lechee*	Round Rock
Aneth	Leupp	San Juan
Baca/Prewitt	Littlewater	Sanostee
Becenti	Lukachukai	Sheepsprings
Beclabito*	Lupton	Shiprock
Bird Springs	Manuelito	Smith Lake
Black Mesa	Many Farms	St. Michaels
Bodaway/Gap	Mexican Springs	Sweetwater*
Bread Springs	Nageezi	Tachee/Blue Gap
Cameron	Nahatadziil	Teec Nos Pos
Chichiltah	Nahodishgish	Teesto
Chinle	Naschitti	Thoreau
Churchrock	Nazlini	Tohajiilee
Coyote Canyon	Nenahnezad	Tohatchi
Crownpoint	Newcomb	Tonalea
Dennehotso	Oljato	Torreón*
Ganado	Pinedale	Tsaile/Wheatfields
Hard Rock*	Pinon	Tsayatoh
Hogback	Pueblo Pintado*	Tselani/Cottonwood
Houck	Ramah	Tuba City
Indian Wells	Red Lake	Twin Lakes
Iyanbito	Red Mesa	Two Grey Hills
Jeddito	Red Rock*	Upper Fruitland
Kaibeto	Rock Point	Whippoowill*
Kayenta	Rock Springs	White Cone
Lake Valley	Rough Rock	

* Chapters added in the new 14-day period (November 27 to December 10, 2020).

All residents should take precautions to protect their health from the spread of COVID-19. Individuals with the following conditions are at higher risk of being affected from COVID-19.

People at Increased Risk for Severe Illness

- Older Adults
- Cancer
- Chronic kidney disease
- Chronic obstructive pulmonary disease
- Heart conditions
- Immunocompromised state
- Obesity and severe obesity
- Pregnancy
- Sickle cell disease
- Smoking
- Type 2 diabetes mellitus

Might be at Increased Risk for Severe Illness

- Asthma
- Cerebrovascular disease
- Cystic fibrosis
- Hypertension or high blood pressure
- Immunocompromised state
- Neurologic conditions, such as dementia
- Liver disease
- Overweight
- Pulmonary fibrosis
- Thalassemia
- Type 1 diabetes mellitus

All residents should practice health and safety measures:

- Wear a mask in the public.
- Avoid close contact with people who are sick.
- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use a hand sanitizer that contains at least 60% alcohol.
- Clean and disinfect frequently touched surfaces daily.
- Avoid touching your face, nose, and eyes with unwashed hands.
- Clean and disinfect your vehicle, home, workspace and other common areas on a regular basis.
- Social distance - keep 6 feet between yourself and others.
- Limit gatherings with individuals outside your immediate household.

For more information, including helpful prevention tips, and resources to help stop the spread of COVID-19, visit the Navajo Department of Health's COVID-19 website:

<http://www.ndoh.navajo-nsn.gov/COVID-19> . For COVID-19 related questions and information, call (928) 871-7014.